

ESRS First Paediatric Sleep School Bertinoro Castle, Italy 11-13 April 2024

FINAL PROGRAMME

Wednesday 10th April 2024

Arrival of the participants

20:30 – Casual meet-and-greet over drinks In a canteen next to the reception

Thursday 11th April 2024

8:00 Introduction Paediatric Sleep medicine: a key sub-speciality for the paediatrician

Oliviero Bruni, Fresco Room (1st floor of the castle)

8:20 Development of circadian and homeostatic sleep regulatory mechanisms

Christine Blume

9:00 Sleep, plasticity and neurodevelopment

Reto Huber

9:40 Ontogeny of Sleep and sleep features from newborn to adolescence

BG Strazisar

10:20 - 10:40 Discussion

10:40 – 11:00 Coffee break

11:00 How to evaluate sleep in children – diaries, sleep logs and questionnaires

Karen Spruyt

11:40 Objective sleep measurements in children (PSG, HSAT and actigraphy)

Erna Sif Arnardottir

12:20 How to score sleep in children?

Raffaele Ferri

13:00 - 13:20 Discussion

13:20-14:30 Lunch break

14:30 Insomnia in children: phenotypes and pharmacological treatment

Oliviero Bruni

15:10 Paediatric behavioural sleep medicine

Karen Spruyt

15:50 - 16:10 Discussion

<u>16:10-16:30 Coffee break</u>

16:30-18:30 Hands on – PSG scoring, PG evaluation

(Miano, Bruni, Nobili, Ferri and all)

Red Room (1st floor of the castle) and PC room (ground floor of the castle)

18:30-19:30 Case discussion

Presented by participants

18.30-18.40	Kalomoira Kefala	OSA stress mechanisms hyperextensibility
		inflammation hypoaminoacidemia
18.40-18.50	Martina Gnazzo	Comorbidity between narcolepsy and psychosis
18.50-19.00	Eduardo Javier Correa	New findings regarding ankyloglossia and OSA
19.00-19.10	Alžběta Majtanová	Narcolepsy
19.10-19.20	Gabriela Zambrano	Sleep-related breathing disorder

<u> 20:00 – Dinner</u>

Friday 12th April 2024

8:00 Parasomnias in children

Lino Nobili, Fresco Room (1st floor of the castle)

8:40 Restless sleep in children

Raffaele Ferri

9:20 Narcolepsy and central hypersomnias in children

Giuseppe Plazzi

10:00 Assessing daytime sleepiness in children

Fabio Pizza

10:40-11:00 Discussion

11:00-11:20 Coffee break

11:20 Sleep disordered breathing in children

Erna Sif Arnardottir

12:00 OSA treatment in children

Plamen Bokov

12:40-13:00 Group picture

13:00-14:00 Lunch break

14:00 Sleep and neurodevelopmental disorders

Silvia Miano

14:40 Circadian rhythm sleep and wake disorders in children and adolescents

Paul Gringras

15:20-15:40 Discussion

<u>15:40-16:00 Coffee break</u>

16:00-18:00 Hands on – PSG scoring, PG evaluation

(Miano, Bruni, Nobili, Ferri and all)

Red Room (1st floor of the castle) and PC room (ground floor of the castle)

18:00-19:00 Case discussion

Presented by participants

18.00-18.10	Juan Cote Orozco	Narcolepsy secondary to neuromyelitis optical spectrum
		disorder
18.10-18.20	Dominique Stumpel	Narcolepsy like disease in Prader Willi Syndrome
18.20-18.30	Khue Bui	Restless leg syndrome
18.30-18.40	Gintare Oboleviciene	Severe obstructive sleep apnea and sleep-related
		hypoventilation
18.40-18.50	Petar Chipev	Coffin-Siris syndrome

<u> 19:30 – Dinner</u>

Saturday 13th April 2024

8:00 Sleep deprivation, insomnia and mental health

Lino Nobili, Fresco Room (1st floor of the castle)

8:40 Sleep disorders and general health problems (obesity etc....)

BG Strazisar

9:20 Research in paediatric sleep medicine

Karen Spruyt

<u>10:00-10:20 Coffee break</u>

10:20 Pharmacological treatment in paediatric sleep disorders, where are we?

Paul Gringras

11:00 The future of sleep measurement and treatment in children.

Erna Sif Arnardóttir

11:40 Sponsors' final remarks

12:00-13:00 Lunch and farewell

13:00 departure of a bus from Forli to Bertinoro